Transactional Analysis
What is Transactional Analysis (TA)

A theory of personality and a systematic psychotherapy for personal growth and personal change.

Developed by Eric Berne
Philosophy of Transactional Analysis (TA)

• I’m OK, you’re OK

• Everyone has the capacity to think

• People can decide their own destiny and these decisions can be changed.
Ego States

Set of related behaviours, thoughts and feelings

A way in which we manifest our personality at any given time
Ego States

Parent: Behaviours, thoughts and feelings that are introjected or copied from parents or parent figures.

Adult: Behaviours, thoughts and feelings which are a direct response to the here and now.

Child: Behaviours, thoughts and feelings replayed from childhood.
Contaminated Transactions

Mistake part of the content of my Parent Ego State for Adult Content

Parent contamination
Prejudice
Taught beliefs taken as fact
Contaminated Transactions

Mistake part of the content of my Child Ego State for Adult Content

Child contamination
Delusion
Childhood beliefs and fantasies, evoked by feelings, taken as fact
Structure of Ego States

Controlling Parent

Nurturing Parent

Adapted Child

Free Child

Rebellious Child
Transactions

P
A
C

P
A
C
Complementary Transactions can go on indefinitely (communication rule 1)
Crossed Transactions
shift in ego state required
to re-establish communication
(communication rule 2)
Ulterior Transactions

Two messages conveyed at the same time:

1. Overt or social level

2. Covert or psychological level
“Is dinner ready yet?”

“You’re not a good enough wife”

“No”

“You’re always having a go at me”
Communication rule 3

The behavioural outcome of an ulterior transaction is determined at the psychological level and not the social level.
TA in action

Coaching
Communication
Change
Management & Leadership
Development

Related models

Strokes
Racket System
The OK Coraal
Psychological Trading Stamps
TA101 The Berne Institute

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